

Guardian

Volume 11, Issue 7

Produced for Personnel of KFOR Multi-National Brigade (East)

December 1st, 2004

Paintball Training



Right



Wrong



*When you head to the wash rack, be sure
to wear the required protective gear:*

- Head protection (Kevlar or safety helmet)
- Eye protection
- Hearing protection
- Gloves

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PHOTO BY SGT. STEPHEN GROVES



PHOTO BY SPC. ADAM DIELSCHNEIDER

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On the Cover:

Soldiers from Company C, 118th Infantry practice urban warfare techniques using special paintball guns and equipment.

COVER PHOTO BY SPC. ADAM DIELSCHNEIDER

A Word from the CG

I have been leading Multinational Brigade East now for more than two months. The commitment and professionalism displayed by the brigade's Soldiers is truly outstanding. I find it humbling to be working with so many dedicated people. In this complex environment, we have hundreds of Soldiers making decisions daily that directly affect peoples' lives.

Our Soldiers are doing a great job of balancing competing demands and making excellent decisions that enable us to reach our key objectives of a safe and secure environment and the transfer of responsibility to civil authorities.

It has been great working with the Greek 506th Mechanized Infantry Battalion and POL/UKR Battalion, and I appreciate their patience with the "new" American forces as we work to integrate our operations.

Finally, I especially appreciate the patience shown by our Soldiers in working with the many different international, local and non-governmental agencies that operate in our area.

Turning to safety, our record here in KOSOVO is good, but given our operating environment, we must never drop our vigilance. We are faced with a long period of increasing darkness and poor weather conditions, which will aggravate an already dangerous flying and driving environment. Remember, speed is our biggest threat; slow down and match your operations to the weather conditions, make sure you have the right equipment and clothing before leaving, and always let someone know where you are going. Normally, we are doing nothing that puts our lives at risk, so please don't take unnecessary risks. My greatest happiness would be having everyone return safely to their families.

Speaking of families, we are entering the holiday season, a time most of us get together with our families to celebrate the season. Having spent a number of holidays away from family, I know how tough it can be, but I have also had some great experiences by planning and doing things with others who are away from their families. Take the time to get together and make your own memories: join the Christmas Choir, plan an event for some of the local children, or do something to help someone who is feeling down. We are not so busy that we cannot have some fun and fellowship.

I am truly honored to be a part of Multinational Brigade East.

Promoting Peace! ★

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Quicktime

Soldiers Pay Tribute to Veterans

A ceremony was held on Camp Bondsteel Nov. 11 to honor U.S. veterans. The holiday is the official recognition of the end of World War I.

KFOR Soldiers also recognized the Polish Independence Day holiday, with remarks given by the Polish commander, Lt. Col. Ryszard Wrobel. The Greek commander, Lt. Col. Georgios Kallinis, added his comments during the observance as well.

The Soldiers of Multi-National Brigade East (MNB(E)), planned the tribute to veterans. The ceremony included a salute to veterans, including a flag ceremony, wreath laying, and remarks from visiting representatives of the Veterans of Foreign Wars organization.

"Just as earlier generations answered the call of duty, you brave veterans are committed to your mission," said Brig. Gen. Tod J. Carmony, MNB(E) commanding general. "You are steadfast in your belief that each of your countries—and the entire world—will be safer and more prosperous thanks to your efforts."



PHOTO BY STAFF SGT. JEFFREY DURAN

A flag, wreath, rifle, and combat boots are displayed as a symbol of fallen Soldiers of the past, while in the background, veterans who still serve are recognized for their efforts.

Lt. Gen. Blum Visits Bondsteel, Monteith



PHOTO BY SGT. 1ST CLASS BILL BROCKBERG

Lt. Gen. Steven Blum, chief of the National Guard Bureau, speaks to Soldiers at Camp Monteith during his visit to Kosovo.

Lt. Gen. Steven Blum, chief of the National Guard Bureau, addressed questions from Soldiers at Camps Monteith and Bondsteel in town hall meetings. Among the topics discussed were the proposal of lowering the retirement age to 55, the chances of the current rotation being extended, and the changes in the structure, training, and equipping the National Guard.

The retirement age question was answered with, "We think there may be some type of variation in that requirement. One problem with the proposal is the cost of TriCare, not the cost of your retirement checks."

Reassuring the Soldiers of their worries of being extended, Blum said, "The rotation is pretty solid here, you're not going to get extended," adding that if the world situation changes significantly, the rotation could be extended.

"Yes, we are going to change," Blum said. "Yes, we are going to restructure. And we are going to look exactly like the active Army. We will be equipped identically and tables of organization and equipment will be identical to the active Army."

Hands-on Riot Training with Greeks

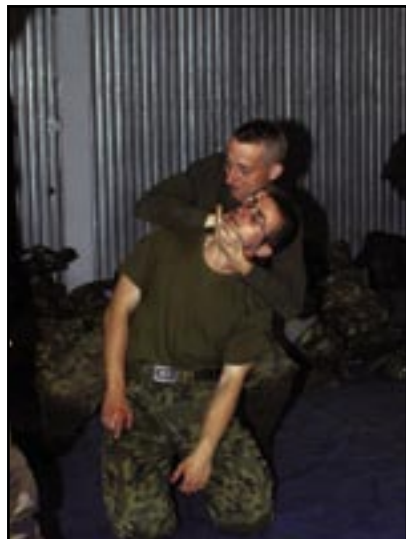


PHOTO BY STAFF SGT. JEFFREY DURAN

(Above) Soldiers from the 506th Mechanized Infantry Battalion practice chin locks during hand-to-hand training. (Below) Taking turns throwing punches, Soldiers from the 506th Mech. Infantry Battalion participate in open-hand technique class.

An unarmed figure stands in the middle of a human circle on the blue mat-covered floor of the Southtown Fitness Center, his back turned outward as if trying to avoid something. Beside him are two men, one in U.S.-style fatigues and the other in Greek fatigues. The American places his hand on the back of the unarmed figure's neck, explaining the finer details of pressure points, while his Greek companion translates. A wider view reveals that the circle is made of soldiers from the Greek 506th Mechanized Infantry Battalion, who are learning the basics of hand-to-hand combat and riot control techniques from Soldiers from Task Forces Protector, Lancer, and Shield.

This five-day block of instruction gave the soldiers the basics of how to deal with riots by using riot shields and batons or using their own bare hands. The tech-

niques taught on the second day, referred to as empty-hand techniques, included a variety of punches, elbow strikes, pressure holds, and wrist locks.

Days three and four centered on techniques in using riot shields and batons. In addition to the traditional riot equipment, the Greeks were also taught the proper use and conditions of using pepper spray on an unruly crowd.

The culmination of their training occurred on the final day. The platoon was given two simulated crowds to deal with, one hostile and the other passive.

In textbook fashion, the Greeks made two formations and calmly ordered the crowd to disperse. The crowd, made of Task Force Falcon Soldiers and members of the 506th, did not make the job easy, and tried to break the Greeks' composure. They shouted obscenities and made unflattering remarks, all the while screaming at them to "Go home!" This was only the beginning before all hell broke loose.

Lobbing a pair of blue plastic balls representing Molotov cocktails at the shielded Greeks, the crowd grew into an unruly mob. The Greeks responded, dealing out non-lethal force. With a thrusting of plastic shields, a thundering chorus of wooden batons against Kevlar helmets, and a shower of pepper spray, the aggressive crowd was pacified. The simulation was ended and a critique was given to the Greeks.

Next came a passive crowd demonstration. This time around the crowd was less violent, but nonetheless verbal. Again the Greeks calmly asked for the assembly's



PHOTO BY SPC. IAN BLAKE



PHOTO BY SPC. IAN BLAKE

(Above) While a simulated crowd tries to aggravate them, soldiers of the 506th Mech. Infantry Battalion move forward in riot formation. (Below) Shouting for the crowd to disperse, soldiers from the 506th Mech. Infantry Battalion take position behind their shields.

dispersal, moving forward when their requests were ignored. In response, the agitators could do nothing but fall back as they continued to cry for the Greek's removal. Those foolhardy enough to approach the shielded formation were buffeted back while the Greeks slowly encroached upon them.

The simulation went from passive to aggressive when one of the mock protestors revealed a 9mm pistol. This was dealt with by the Greek's sniper—positioned on top of a nearby Conex—who fired a simulated round. The aggressor fell to the ground after one of the instructors shouted that he was shot. Seeing their friend dropped by the Greeks, the crowd surrendered.

Training like this, from American forces to Greek forces, is an example of the solid relationships that can be built between the two nations. The Greeks will return to their fellow Soldiers and instruct them in what they have learned. The students become the teachers, and the effects of those five days will benefit many more.



PHOTO BY SPC. IAN BLAKE



PHOTO BY SPC. IAN BLAKE

When frost bites

Treating cold weather injuries can be as simple as placing a hand in an armpit or as ornate as the hypothermia wrap.

Placing hands in warm parts of the body, such as the armpits, can help slow the effects of frostbite.

Last issue I talked about the different types of cold weather injuries, their symptoms, and the different ways heat is lost from the body. In this issue, I'll talk about how you can treat cold weather injuries, starting with the "granddaddy of them all," hypothermia.

Again, there are four stages of hypothermia—mild, moderate, severe, and death.

To treat mild hypothermia, you should first reduce heat loss. This can be done by adding additional layers of clothing, replacing wet clothes with dry clothes, staying physically active, or relocating to shelter.

The second way is to stay adequately hydrated and fed. Eating carbohydrates will create a sudden, brief heat surge, while proteins will give off heat over a longer period. Hot liquids are one of the best things to give a person with hypothermia, because it provides calories plus heat. Never consume alcohol, caffeine, tobacco or nicotine while at risk. These can lead to peripheral heat loss, dehydration, and can increase the risk of frostbite.

The third method is to add heat. Building a fire or creating another external heat source is one way to add heat. Body-to-body contact also works. Place the hypothermic person in a sleeping bag with a regular temperature person in lightweight dry clothing.

To treat someone with severe hypothermia, the three methods of reducing heat loss—adding fuel and fluids, and

adding heat—can be used in these ways. The hypothermia wrap is the best way to reduce heat loss in such a case. Make sure the patient is dry and has a polypropylene layer to minimize sweating on the skin. The person must be kept from any moisture in the environment. If they are truly hypothermic, do not put him/her completely unclothed in a sleeping bag with another person.

When adding fuel and fluids, the stomach will have shut down at this stage and will not digest solid food. It can, however, absorb water and sugars. Give a diluted mixture of warm water and sugar every 15 minutes. Diluted gelatin desert works well because it is part sugar and part protein. This will be absorbed directly into the blood stream, providing the calories necessary for the person to rewarm him or herself. Do not give full strength gelatin even in liquid form; it is too concentrated and will not be absorbed.

When adding heat, it can be applied to the major arteries—the neck for the carotid, the armpits for the brachial, the groin for the femoral, and the palms for the arterial arch. Heat can be added by using chemical heat packs; these can provide 110 degrees Fahrenheit of warmth for six to ten hours. Hot-water bottles, warm rocks, towels, and compresses can also be used to add heat. For severely hypothermic persons, rescue breathing can increase oxygen and provide internal heat.

Hypothermia is just one of many

cold weather injuries. There is also frostnip, frostbite, chilblains, and trench foot. Frostnip, which is characterized by numbness and white waxy skin normally found on the cheeks, earlobes, fingers, and toes, can be treated by gently rewarming the area by blowing warm air on it or placing the area against a warm body part, like a partner's stomach or armpit. Do not rub the area; the ice crystals that will have formed can damage the affected tissue by tearing the cell.

Frostbite, a condition where the skin is white and has a "wooden" feel all the way through, can be treated the same way as frostnip in superficial cases. If the frostbite is deeper, it should be rewarmed by immersion of the affected part into a water bath heated to 105 to 110 degrees Fahrenheit. Monitor the temperature carefully with a thermometer. Remove constricting clothing. Place the appendage in the water and continue to monitor the water temperature. The water temperature will drop, so additional warm water will be needed to maintain the right temperature. Do not pour this warm water directly on the injury. The water needs to be circulated constantly to maintain even temperature. The immersed appendage should be underwater for 25 to 40 minutes. Thawing is complete when the area is pliable, with color and sensation returning. Discontinue the bath when thawing is complete.

See COLD, page 23



PHOTO BY SGT. BENJAMIN HOKKANEN

Great shopping just a bus ride away

With a little advance planning, Soldiers can enjoy a half-day shopping trip to Gnjilane.

Gnjilane offers a variety of interesting stores, such as this clothing store.

A stroll around the main PX on Camp Bondsteel gives you just a taste of the kind of goods that Kosovo vendors have to offer. To get a real, authentic Kosovo shopping experience, Morale, Welfare and Recreation (MWR) offers a shopping trip to Gjilan/Gnjilane on the weekends that can not only give you a true cultural exposure, but also help you start off your holiday shopping for friends and family back home.

Don't know how get on board with one of these trips? Not sure how many Euros to bring? Don't worry—I'll cover all the basics here, which will help you hit the streets of Gnjilane/Gjilan well prepared.

To sign up for a shopping trip, first fill out a shopping trip pass form, available from your first line leader or MWR representative. Once this form is filled out and signed, it will act as a pass on and off post, so keep it with you at all times.

Before you head out, make sure to grab some Euros from the finance office. If you intend to do a majority of your Christmas shopping on your trip, I would recommend taking at least €100 with you.

There is no safe way to get more cash while you are on the trip, so it's better to get more than you need than to leave behind a priceless treasure that you discovered. Shops that take credit cards are rare, but do exist.

As with any trip off post, you will need your basic gear—weapon, Kevlar helmet, flak vest, and LBV. It's also a good idea to bring some drinking water and a small backpack to carry your souvenirs in.

There are two trips per weekend—8:00 am to 1:00 pm and 1:00 pm to 6:00 pm on Saturday. MWR recommends that you get to the Southtown recreation center at least 15 minutes before the bus is scheduled to leave. While at the recreation center, you must sign your name on a list before you leave. Maps of the city are available—these show the areas that are safe and those that are off-limits.

The bus will drive you from Camp Bondsteel to Camp Monteith, which, for those of you who don't get out much, is situated on the outskirts of Gjilan/Gnjilane. With your signed pass form in hand, you then walk out the pedestrian gate on Camp Monteith and enter the city. The map is very important if you haven't been in the city before, and it is very easy to get lost, so pay attention.

The city offers a broad variety of goods. A majority of stores sell clothing items—one of particular interest is the suit shop.

The various gift stores along the way may remind you of the small kiosk built onto the side of Bondsteel's main PX, but you may spot some rarities there that you haven't seen on post, so

these stores are worth a look. Electronics stores in Gnjilane/Gjilan are not bargain-priced, but ask around and you could get a good deal on related items.

Quite a few jewelry stores are clustered in one area off the main street. These stores sell a decent variety of fine jewelry which is competitively priced, and interestingly enough, usually sold by weight. This could be the perfect place to pick up a gold necklace, bracelet or wristwatch for that special person back home.

While MWR warns against consuming almost all foods made in the city due to health reasons, some things can be eaten without any risks. Packaged foods and drinks are safe, as are drinks that have been boiled, such as tea and coffee. I highly recommend finding a Kosovo-style coffee shop and trying the strong, rich macchiato coffee and the very tasty cappuccinos. These drinks are relatively cheap, ranging in price from €0.50 to €1.

Don't miss an opportunity to go shopping in an interesting place surrounded by a different culture. The trips are free, so why not get out of the office or barracks, fill out a form, and head out to Gnjilane for half a day? It is an experience that you won't forget. ☒



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What Makes the Army: Soldiers

We all have had times in which the pressures of life are a little too much to bear, and we need someone to talk to. Every Soldier should have a battle buddy for themselves, but there is a battle buddy for Task Force Falcon anyone can talk with. He'll listen to your problems, and there's nothing you can say that can shock him. He's been there, done that. He's Staff Sgt. Michael Seachrist, NCOIC of the Unit Ministry Team.



PHOTO BY SGT. STEPHEN GROVES

Why did you join the National Guard?

It goes along the same line that everyone else did when they're coming out of high school, hearing "the National Guard's giving out money for college." That was my initial reason. My parents directed me towards the National Guard and said that I should look into it.

So I went to the recruiting station and did all the things you aren't supposed to do. When they ask "what do you want to do" or "what kind of unit you want to be in," I said, "I don't know." Through all of that I was trying to work with aircraft. I turned up color blind when I went to the physical, so I was given an option of a few things. There was 11B—which was clearly not me—engineers and military police I was also thinking about. Then I heard about 56M (chaplain's assistant), and from the description it sounded like things I was interested in when I was in high school, so it seemed to be a fairly good fit. I figured I could deal with that for six years, and 17 years later I'm still doing it.

What is your job here in Kosovo?

My job here in Kosovo is to guide the

commanding general's religious program. People tend to think that it's the chaplain's program, but it actually belongs to the CG. And our job is to ensure that Soldiers, no matter what faith, can worship as they see fit, or get provided opportunities to worship as they see fit. Along with that we have

Name: Michael Patrick Seachrist
Title: Task Force Falcon Unit Ministry Team NCOIC
Date of Birth: May 10, 1968
Hometown: North Canton, Ohio
MOS: 56M, Chaplain's Assistant
Hobbies: Competitive shooting, brewing beer, restoring cars

Department of Defense civilians that we service as well, along with the contractors.

What has been added to our job has been the opportunity to get out into the community and talk with religious leaders and people in the community, and work towards solutions on a number of things. That has been really enjoyable.

How do you like your job?

Oh yeah, I love my job. There are days when everybody hates their job, days

when you come in and you don't want to be here. But what I like is when Soldiers come in and talk to me. When a Soldier comes in with a problem, I can get them to the people they need to get to in order to solve it. That's the one thing that keeps me coming back, despite everything that I put up with that I don't like. I like talking with Soldiers. That's what it's about to me.

What makes you a good chaplain's assistant?

I don't know if I'm a good chaplain's assistant or I'm a great chaplain's assistant. But I think what makes a good chaplain's assistant is a person who can listen and not talk, knows the difference between when to give advice and when just to be there.

Also, you get into the tactical and technical things that we do. My big job is being protection for my chaplain, and I take that very seriously. I think that's an important aspect of my job. So whenever we're out in sector, I have to do that. I believe that's an important thing for any assistant to do. As for good, bad, or indifferent, I don't look at it that way. It's just what I do.

Since you've "sinned" so much, maybe that helps you counsel people?

I'm Catholic by nature. I do have my personal vices, but I also have my faith. I'm fairly strong in my faith.

How would you describe your relationship with Chaplain (Lt. Col.) Aquino?

I think we have a good relationship. We've actually worked together before this rotation. Many years ago we were in the aviation assets; he was the aviation chaplain and I was his assistant for about two years. Then he got promoted and I got promoted, and we went in opposite directions. It was by fate that we just kind of came back for this particular deployment. We've got a fairly decent relationship.

What do you see as being your biggest challenge while being here, either personal or professional?

Personally, as silly as it sounds, I haven't found it challenging to come to Kosovo. The big thing for me personally has been ensuring that my assets at home are taken care of, and I have my parents doing that for me. Since I'm not married, I don't have that stress on me. Overall, this has been one big adventure.

The one thing that has truly been our biggest problem has been relationship issues. Professional relationships, personal relationships, and marital relationships are what we deal with a lot. That's the biggest counseling thing that I can find. A lot of it boils down to relationships and the strain of being away from or being too close to each other.

What has been the highlight of your deployment so far?

I think one of the interesting things, or should I say defining moments, was going up to Mitrovitca and seeing how things can go so wrong. Most of the

March violence happened there and areas of that city were totally destroyed. Being able to see that and see how different the locals reacted to KFOR soldiers compared to the locals in our sector. That was the thing that struck

"I'm Catholic by nature. I do have my personal vices, but I also have my faith. I'm fairly strong in my faith."

me most.

One of the other highlights I had was being able to, on my right seat ride, take a pilgrimage—particularly as Catholic and for my own faith—to Letnica, the Church of the Black Madonna, for the feast day of the assumption of Mary. It was 76 years to the day from when Mother Theresa had received her calling to the sisterhood in that same church.

That was a big highlight for me. There are a lot of them, but those two are the biggest.

What are you looking forward to accomplishing while you are here, professionally or personally?

I would like to get some more schooling in. I've been putting that aside and putting that aside. Just sitting down and being able to accomplish some more college course work is really important. As for financially, I've already obtained the goal I wanted, which was great. I got to pay off all the bills.

Professionally, I'm trying to get everybody through the deployment. Trying to make sure that we don't have people

running around who are so depressed that they are thinking of suicide, hurting themselves, or hurting other people, and making sure that we don't have that kind of situation. I don't want us to lose a Soldier that we could have prevented losing.

What do you do in your civilian life?

I am, as silly as it sounds, a test lab technician for GE Aircraft Engine Systems, a company that tests jet engines. I actually got the job three weeks before I got sent here. They are working with me and being really top-notch about it. At the interview I told them that I was possibly going to be deployed, and they worked with me on it.

Basically my job is setting up the engine. I don't have a firm grasp on everything, since I worked there only three weeks. The idea is to set the engine up for various tests for FAA qualification. The company has several things they have to do in order for that engine to qualify. Several of those things are as simple as an endurance test, where they let the engine run for 48 hours continuously, to a "fan out" where they actually try to explode the engine. Also, they do tests

like water ingestion, ice ingestion, and bird ingestion—where they typically throw a frozen turkey into the engine—but

those are some of the tests we conduct.

Do you have any words to live by?

Other than, "Don't screw up." I think the ones that stick with me come from a my father's favorite movie, Jeremiah Johnson, and there's a song in that movie in which the lyrics go, "The way that you walk is the way that you choose. The day that you tarry is the day that you lose." I try to remember that I'm never going to get this day back and where I end up is where I decided to go. 📺

"The way that you walk is the way that you choose. The day that you tarry is the day that you lose."



PHOTO BY SGT. BENJAMIN HOKKANEN

Serious Paintball

Monteith Soldiers receive realistic urban warfare training, complete with adrenaline, pain, and plenty of action...

Story by Sgt. Benjamin Hokkanen

Multiple integrated laser engagement system (MILES) can leave a lot to be desired when training, especially when learning urban combat techniques. The technical problems that occur sometimes can get in the way of training and lead to the childish games of "I shot you – you did not."

There is a solution to the MILES problem that allows for more authentic training – paintball.

Although paintball is not very useful for long-range (or even medium-range) combat training, it is very useful for close-range training such as in urban environments. Soldiers know they are hit even before they see the paint on their uniforms.

The paintball simulation rounds

Continued on next page

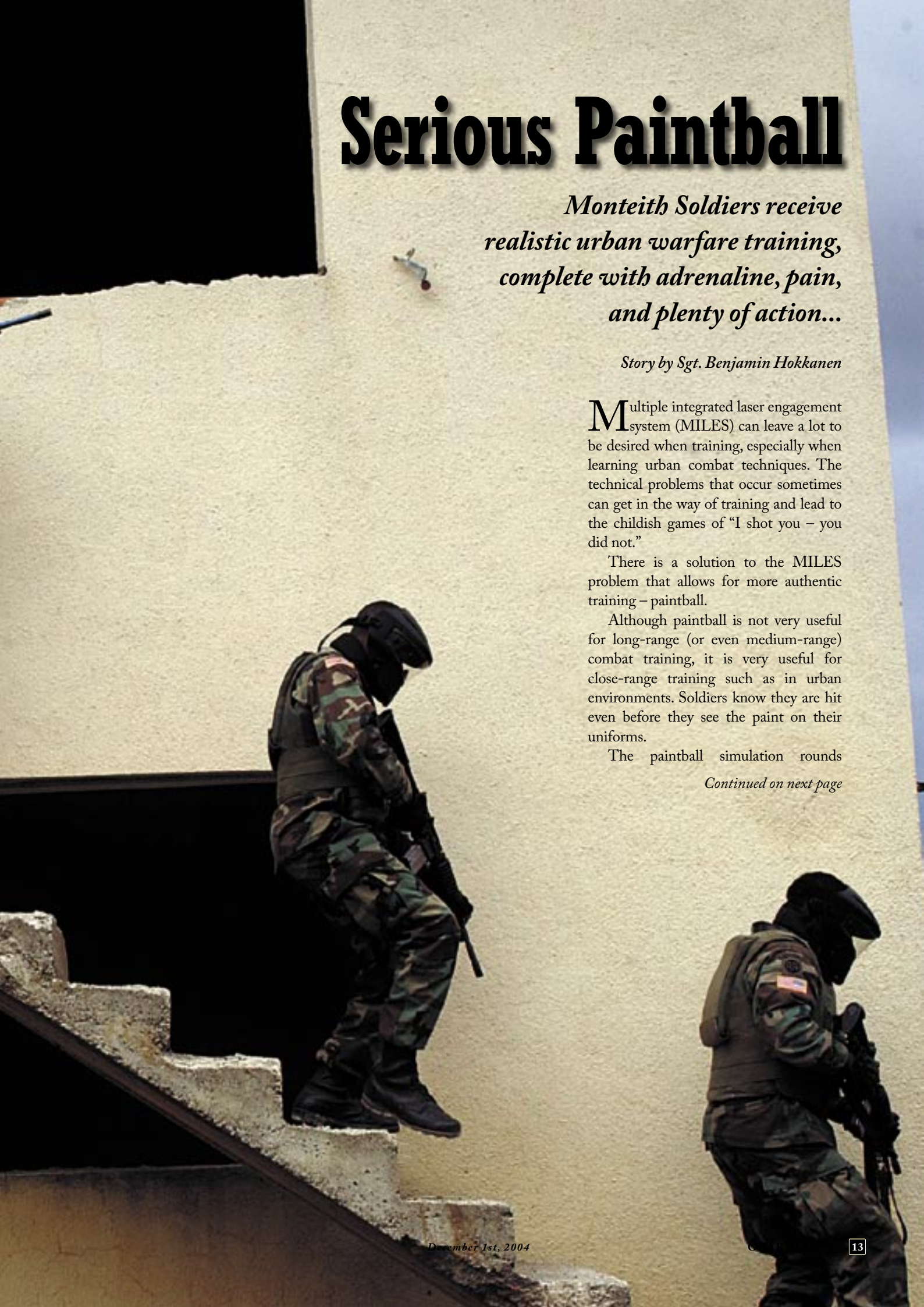




PHOTO BY SPC. ADAM DIELSCHNEIDER



PHOTO BY SPC. ADAM DIELSCHNEIDER

(Left) A Soldier from Company C, 118th Infantry climbs a set of stairs and is fired at from a second-story window by an OPFOR Soldier. (Above) When the Company C Soldiers were exiting the ground floor, another OPFOR Soldier fired from the basement window.

Continued from previous page
– simmunitions – allow for a more realistic training experience, said Capt. Hardy Paschal, Jr., commander for Company C, 118th Infantry.

"Simmunitions gives the operator immediate feedback about the strike of his round (where the round is hitting), and accurate casualty play can be incorporated into training if desired," said Capt. Joshua Kennedy, Special Operations Command and Control Element (SOCCE).

"Simmunitions is another tool the

Army utilizes in training," said Kennedy. "The simmunitions gives Soldiers an opportunity to train with the added stress of rounds flying, but without the danger."

"The comparison comes in when you actually see where the rounds of paint impact," said Paschal. "BlueFor (friendly force) rounds were pink and OPFOR (opposing force) rounds were blue to identify who shot who and recognize if any fratricide was involved. The old MILES system that we use cannot identify who killed who."

Getting into environments similar to military operations in urban terrain (MOUT) training gives the Soldiers of the 118th Infantry the opportunity to prepare for future missions, said Sgt. Jeremy Brown, Company C, 118th Infantry. The MOUT tasks the Soldiers train on include cordon and search, raids, urban movement, and entering and clearing rooms/buildings. This type of training is different from the 118th's day to day training, as they are a mechanized infantry M2 Bradley unit, said Paschal.

"We don't normally do a lot of



PHOTO BY SPC. ADAM DIELSCHNEIDER



PHOTO BY SPC. ADAM DIELSCHNEIDER



PHOTO BY SPC. ADAM DIELSCHNEIDER

(Above) Soldiers from Company C, 118th Infantry "stack up" against a wall before rushing into a room to clear it of enemies. (Above Right) A SOCCE OPFOR Soldier fires at incoming friendly troops. (Right) An eliminating mark left by an OPFOR paintball.

MOUT training," said Brown. "Overall, learning so much about the urban warfare and realizing how fluid the unit is was good. Realizing how the whole thing just flows, and that anyone can be in charge at any given time depending on what position they're in was good, too."

The Army is sending more and more National Guard troops to Iraq, and training like simulations is the type of training that will prepare Soldiers for urban fighting. The Soldiers still have more training to do, but they are on the right track to continue training like this

and prepare for deployments that may call for urban movements, said Paschal.

"The biggest benefit is that it gets operators used to reacting to live rounds coming at them and teaches them to fight through pain and continue the mission," said Kennedy. "MILES does not accurately portray combat and gives the user a false sense of invincibility. When soldiers start feeling pain, the whole picture changes, and they begin to respect what it is they are doing and treat it realistically. Also, there is not all the bulky MILES harness, halo, batteries, keys and

god guns to mess with. For the training, we issued face masks, but we sometimes train with our helmets and eye protection for more realism," said Kennedy.

Before issuing the weapons and gear, the Soldiers reviewed the previous MOUT trainings the SOCCE Soldiers had conducted with the 118th Infantry and ran rehearsals so the Soldiers would be ready for the test. After all the squads had a few times through the rehearsals, the real fun of the day began. The squads each took a turn drawing the simuni-

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(Left) An MSU member decked out in riot gear stands ready at a training exercise Nov. 6 in Pristina. (Above) MSU forces hunker down using the "tortoise" technique to fend off items thrown by the crowd during combat riot control (CRC) training. (Below) The crowd runs from clouds of chemical smoke from several smoke grenades.

MSU: A Strong Presence in Kosovo

*Story by Sgt. Greig Dahlke
Photos by Sgt. Stephen Groves*

Walk softly and carry a big stick." Theodore Roosevelt is no longer around to speak these historic words, but this is, in effect, what the Multinational Specialized Unit (MSU) provides to the NATO-led peacekeeping Kosovo Force (KFOR).

MSU is comprised of Italian, French, and Estonian forces, and they give both military security and law enforcement capabilities.

American and Greek representatives of Multinational Brigade East witnessed the prowess of the MSU as they conducted their weekly Combat Riot Control (CRC) training Nov. 6 in Pristina. This day, the unit appeared poised to deter or quell even the most embittered protesters.

By watching the exercise, the officer in charge of the American riot training, Maj. Anthony Lam, Headquarters and Headquarters Company, 37th BCT, noticed some similarities and differences between U.S. Soldiers and the MSU's

approach. He said he will take these lessons and incorporate them into the U.S. training regimen.

"I think the cooperation is really good. We like Americans, we like to work with



them," said Chief Warrant Officer Peter Motiekonis, Italian Carabinieri MSU LNO for Multinational Brigade East. "The CRC training was good. I talked with the trainers that came over from the task forces, and they said they learned quite a few things."

The MSU and other forces must

work together, said Lam. Sometimes the MSU gets called first and may need to be replaced, or the MSU could be called to augment one of our forces that is already on the ground. Good communication between forces is key to keeping order.

"The primary thing that must work for us to be successful is being able to make a good handoff, and (provide) a good description of a current situation," said Lam.

Knowing the facts of a situation can prevent further escalation of unruly demonstrations.

"We want to be at an appropriate posture when we first step off the vehicle to not incite additional reactions that we don't necessarily intend," said Lam. "Let's face it, those would be the worse things we would want to do."

He also noted the different equipment the unit uses. Because the MSU is a specialized unit, it stands to reason that they use specialized gear. They have

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Tips for digital camera newcomers

Modern jargon surrounding digital camera sales can make buying a new camera confusing.

Stores like the Camp Bondsteel PX carry digital cameras in a wide range of styles and prices.



PHOTO BY SGT. STEPHEN GROVES

Digital cameras have brought some of the best elements of photography together without the long-term costs of the older, film-based hobby. If you are considering getting a digital camera, dealing with all the jargon and complex terms can give you a headache. Make no mistake; there are plenty of factors to consider before you spend your money.

Digital cameras come in a large number of designs, but most conform to some basic rules. The majority of cameras out there come in the highly portable, point-and-shoot variety.

The most important thing to consider with digital cameras is the image quality. This can mean different things to different people. A huge factor in quality is the size of the image. I'm not talking about the printed size, but rather the number of "pixels" or individual points of color the camera uses to capture images. This specification or rating is in "megapixels."

Usually, you want as many megapixels as you can afford. Just remember, this does not mean that a lower-megapixel camera cannot take good pictures, nor do more megapixels always mean better shots.

The importance of megapixels is

most readily seen when you try to print out the shots you've just taken. The more megapixels, the bigger the print you can create without a loss of quality. If you want nice, clear, 8x10's, you're going to want at least a 4.0-megapixel camera.

Something most people don't realize is that the most important part of a camera is the lens. The camera body may house the high-speed whiz-bang electronics, but photography is all about light. The more light the lens lets in, and the more true its optics are, the better the chance a photographer has at capturing great shots in challenging lighting situations. Ever wonder why your \$100 PX-special digital camera can't seem to capture a decent shot when the light is low or the action is fast? Look to the lens. Remember, megapixels are simply a measurement of how much information the camera captures with each shot – the lens dictates how clear that information is going to be.

Since we're talking about lenses, let's zoom in on the subject a little. Most point-and-shoot digital cameras either have a zoom lens or "fixed" lens built in. A fixed lens is one that does not adjust, and it requires photographers

to get physically closer to their subjects. A zoom lens does that work for you. Want to get a nice close-up shot of a priceless moment? Just stay where you are and "zoom" in.

Unfortunately, camera manufacturers (and their marketing folks) love to confuse consumers when it comes to camera zooms. Just remember this: optical zooms and digital zooms are very different. Simply put, a digital zoom is little more than a computer program that digitally enlarges the image you want to take. This means that great shot you're going for will simply get stretched bigger, and it will probably look blocky or "pixelated."

Optical zoom, on the other hand, is a traditional zoom that uses glass elements to get a photographer closer to their subject. The catch is that optical zooms add considerably to the cost of a digital camera. So when shopping for your next camera, make sure to check the fine print and see how much of the advertised zoom is digital and how much is optical.

Most cameras have multiple settings that affect quality. Most important is what is termed as resolution (i.e. low, medium and large), which is the height

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PHOTO COURTESY OF HOME OF HEROES WEBSITE

Medal of Honor recipient is base's namesake

A picture taken of Staff Sgt. James Bondsteel during his tour in Vietnam.

Since we have been here in Kosovo for some time, we've become familiar with the names Bondsteel and Monteith. But who exactly are the people the bases are named after? As with most military bases, the names come from people of importance. Fort Meade, Maryland, is named after George G. Meade, a Union officer during the Civil War. Fort Jackson in South Carolina is named after former general and U. S. President Andrew Jackson. In this article, and the one that will follow, I'm going to tell you all about the namesakes of our two bases.

Camp Bondsteel, our "fortress on the hilltop" and current home to Task Forces Falcon, Lancer, Protector, Stalker, and Medical Falcon, was named after Staff Sgt. James Leroy Bondsteel, a recipient of the Medal of Honor for his actions during the Vietnam War. Andrew Woods, research historian with the First Division Museum in Wheaton, Illinois, provided most of this information.

"He was born on July 18, 1947 in Jackson, Michigan. He enlisted in the Army in Detroit, Michigan. He served with Company A, 2nd Battalion, 2nd Infantry, 1st Infantry Division," wrote Woods. Since the 1st Infantry Division was the first unit to call this base home, it is fitting that they would name

it after one of their own.

"Bondsteel distinguished himself while serving as Company A's platoon sergeant, near the village of Lang Sau during the Vietnam War. For conspicuous gallantry and intrepidity in action at the risk of his own life above and beyond the call of duty, Bondsteel was awarded the Medal of Honor." This is an excerpt from the official Medal of Honor citation. He was awarded the Medal of Honor by President Richard Nixon at the White House on Oct. 15, 1973.

From the dawn on May 23 all through May 24, parts of the 2nd Battalion clashed against the 141st Regiment, 7th North Vietnamese Army Division. Over 35 kilometers of bamboo, marsh-filled hallows, and brush-covered valleys, they fought for three days.

"Company A had been scrambled with the mission of proceeding to Minh Duc as a ready reaction force with the recon platoon of the 2nd Battalion. Company A's infantry dismounted and broke out of the bamboo. The infantrymen fortified and concealed themselves behind large berms. Armored personnel carriers had to push almost on top of the bunkers to chop into them with the fire of .50 caliber machine guns, which enabled the infantry to maneuver and

neutralize the enemy strongholds with fragmented grenades," wrote Woods.

When directed to assist a friendly unit under intense fire from a North Vietnamese battalion, Bondsteel quickly organized his men into combat teams. They destroyed four enemy occupied bunkers and spearheaded the attack. The Soldiers of Company A raced some 200 meters under heavy enemy fire to reach an adjoining platoon that had begun to falter.

Once this unit was rallied, Bondsteel ensured the wounded were tended to. He then returned to his own sector, which needed critical munitions. Not pausing, he immediately moved to the forefront and destroyed four enemy occupied bunkers and a machine gun that threatened his advancing platoon.

"Bondsteel, wounded by an enemy grenade, refused medical attention and continued his assault by neutralizing two more nearby enemy bunkers. He escaped death while searching one of these emplacements when an enemy soldier detonated a second grenade at close range," continued Woods.

Next he went to a severely wounded officer's help, killing an enemy soldier threatening the officer's life. While continuing to rally his men, Bondsteel led them all the way through the

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Monteith Training is a Riot



(Below) Soldiers from Company C, 118th Infantry, playing the role of rioters, shout and wave signs as the reaction force arrives. (Above) The role-players charge at the wall of Soldiers from Troop C, 2/107th Cavalry. (Upper Right) 1st Lt. Travis Moore from Company C, 118th Infantry shouts demoralizing remarks at the reaction force. (Lower Right) The reaction force watches the crowd from behind their protective shields.

Story and photos by Sgt. 1st. Class Bill Brockberg

It was an angry-looking crowd of about 15 protesters, carrying signs that said, 'go home' or worse. They shouted anti-United Nations and anti-American slogans, most of which can't be repeated here. They threatened occupants of a makeshift UN building, and the demonstration got so bad that a call for help was made.

This menacing group of mock protesters, led by Jahim Jakubi shouting through a bullhorn, and some of his closest associates such as Meer de Meera, Bart, and Mr. NotNice, became the obstacle to be subdued and dispersed by KFOR Riot Control teams in this exercise held at Camp Monteith.

The protestors pounded their fists on the door and outside walls of the UN building (a Camp Monteith motor pool ConEx) and prepared for a confrontation.

Jakubi, also known as 1st Lt. Travis

A. Moore of Company C, 118th Infantry (Mechanized), Task Force Shield, had his "troops" pumped up to show KFOR a real civil disturbance. "Our situation looked good," Moore said. "We weren't sure which way they (KFOR

while, Capt. Daniel J. Long and his reaction force, Troop C, 2/107th Cavalry, Task Force Lancer, were in motion and staging for their riot control exercise at the far end of the motor pool on Camp Monteith.

Dressed in raggedy clothes, armed with sticks and day-old soggy vegetables, this group of civilians on the battlefield or COBs appeared serious. And so the exercise began.

"The reaction force staged out of sight and I thought they would come at us one platoon at a time," Moore said. "They came out from behind that one group of ConExes, but they just kept coming."

A company of reaction force soldiers ran in squad formation toward the demonstrators. The quick-reaction forces were armed as well with nightsticks, body armor, knee and shin guards and long protective shields. A line was formed, another behind the first one, and another. Reaction force



Reaction Force) would push us, and we only had one way we could go."

Just before and during the arrival of the reaction force, Moore and his fellow Charlie Company Soldiers marched in a ring and shouted their slogans. Mean-

moved to isolate, and then disperse, the angry crowd.

Two, three and sometimes even four demonstrators at a time would lunge at the first line of Soldiers and their protective shields. Some Soldiers' shields were pelted with the soggy vegetables, and then the demonstrators lobbed the goo over the shields to hit Soldiers on the head and shoulders. Charging the front line, demonstrators smacked the shields, and wrestled a Soldier or two to the ground. Without breaking the integrity of the lines, additional Soldiers stepped in and repelled a would-be assault.

Suddenly, out of nowhere it seemed, a non-tactical vehicle pulled into this Camp Monteith motor pool. The demonstrators managed to get in front of the non-tactical vehicle and smear some garbage on the windshield, while others got to the side of the vehicle to try to tip it over. In seconds, pairs and trios of reaction force Soldiers took down the demonstrators, cleared them away from the vehicle and restored order to the scene. By this time, the demonstrators who had not been subdued and secured were given one narrow avenue of departure.

Maj. Thomas M. Zubik of Headquarters and Headquarters Company, 37th Brigade Combat Team was in charge of the exercise. During the after-action review, he, Long and some reaction force Soldiers discussed a long list of actions that are part of maintaining control in a real-life situation. Speed and efficiency, vehicle prep, load plans, mission analysis, recon and troop leading procedures had just been practiced and were discussed.

"How much violence are you going to take," Zubik asked, trying to elicit a response to when the reaction force would step up crowd control measures. With a previously trained company now assuming the role of rioters, the question got some laughter from the Soldiers because of the roughhouse training they just completed. In the after-action review, Zubik's question was answered along with analyzing other aspects of the exercise and which actions may have to be taken during a real demonstration.

"The genesis of this idea is to be cognizant of civil disturbance and be able to move and respond quickly, and



efficiently throughout Kosovo," Zubik said. "This exercise needs to be as realistic as possible without violating safety."

Using Moore and his volunteers from Charlie Company provided the realism and maintained safety too. Charlie Company had completed the same exercise two days earlier, but with

KFOR Soldiers from Ukraine playing the role of civilians. "Our first iteration was the passive, non-violent exercise," said Moore as he explained his company's training. "When that was done, the Ukrainian Soldiers walked away and I thought they didn't want to participate

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and width of the image measured in pixels. Additionally, there are the quality settings such as "fine." This determines how detailed the photo will look. Check with your instruction manual to see what settings you can adjust on your camera.

Most folks will set their cameras on middle-of-the-road settings to save space on their memory cards. Although this is not necessarily a bad thing, just remember that when you capture an image at lower resolution, that's it. You can never increase the quality of that shot. Ask my wife about the dozens of vacation pictures she has of our boys, which were captured at low-resolution settings. On a computer screen, the shots look great – but try to make some prints to put on the refrigerator, and suddenly you find that the quality level of the prints is abysmal.

Luckily, you can change the settings on your camera at any point. If you have a 4.0- to 5.0-megapixel camera and are crunched for memory card space, keep the size setting on medium and you should still have great quality 4x6 or 5x7 prints.

When it comes to saving your imag-

es, most cameras have memory cards to store images on. Memory cards come in a number of brands and are usually specific to your model of digital camera. Their capacity, when calculated with the megapixel rating of your camera, will dictate how many pictures you can take before you have to download them to your computer. A big difference in digital versus film is that when you delete a picture, it is gone forever. This may not seem like a big deal, but when they have a couple shots left on a card, some people have a tendency to go back through shots, deleting some to make more room. Just remember that when you hit delete on the back of a camera, you lose that moment for good.

A problem most consumer-level digital camera owners complain about is the "lag time" they experience when trying to take pictures. Whereas traditional film cameras and pro-level digital cameras can capture shots almost instantaneously, the average consumer camera has an irritating lag of a second or more between the shutter button being pushed and the camera actually capturing a pic-

ture. In that moment, facial expressions may change, your subject may move, and suddenly you've missed a shot you really wanted. For some folks that lag time is not a big deal, and for others it is nothing short of infuriating. Trying to catch shots of children at play or fast moving sports action with most consumer level cameras can be an exercise in frustration. So try out the camera you want – see if the shutter lag is acceptable. With time and practice you can learn to anticipate that lag and still capture the shots you want.

The final factor in buying a camera is buying one you're comfortable using. While we're here in Kosovo, taking a lot of pictures may seem unimportant, but your family and friends will want to see everything. Ten years from now, these moments will mean more to you. So, take a lot of pictures and save them. ■



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PAINTBALL (Continued from Page 15)

tions gear needed for the final MOUT exercise of the day.

Squads would approach the targeted buildings while traveling on the road using some of the urban movement techniques they had learned. Once the squad was about 75 meters away, the OPFOR fired their first shot, more often than not collecting their first BlueFor casualty.

"The rounds had a lot better range than I thought they would," said Brown. "We were probably 75-100 meters from the house and a guy leaned out of a window and shot one of our guys."

After the first shots were fired, the Soldiers' training kicked in and they quickly approached the target house, even though they knew some of the best-trained Soldiers were waiting inside to shoot them. As the squad approached the various entrances to the house, some Soldiers were assigned different windows and openings to guard to protect their fellow squad members, although sometimes there was some room for improvement.

"The training helped me see that if I didn't guard a window right and two of my guys got shot, I knew that came from my window," said Spc. Tyner Elgin, Company C, 118th Infantry. "You can see what areas you're leaving open by where people are getting shot. If someone gets shot in the back you can see this person's not covering his area. It helps us see who's covering what and what needs to be covered better."

As the squads swept the house, the sound of short battles erupted occasionally as the Soldiers fought off the OPFOR lying in wait for them. Yips and yelps from getting shot were also audible from within the house. All this combined to make the training more lifelike than anything the Soldiers had ever experienced with the MILES gear.

"It made things much more realistic," said Brown. "With MILES it's easier to find cover because you can use anything as cover. The simmunition was also a lot more accurate. Although it didn't hurt all that bad, the pain factor and just know-

ing you'd been shot really made a big difference. Knowing that a paintball just hit me, and hey, that would've been a real round, and knowing where you would've been shot was really good. It made me more aware of what was going on."

"I hope we can continue training like this," said Paschal. "My company, being a mechanized company, has not had urban training like this. And with the way the Army is utilizing the National Guard in other countries we must be trained on more urban techniques. This training is a start, and I hope we can build on it and develop future training events."

"I am so proud of Company C, 1-118th Infantry," said Paschal. "I had to call our home station back home in South Carolina and tell them the type of training we were participating in. I was instructed from my battalion back home to develop a troop training program, get Army regulations, and bring them back to South Carolina where we will train those who did not go on the deployment."

anymore.

"For the second iteration, they came at us, knocking our shields and throwing rocks—they surprised us," Moore said.

For Charlie Troop, Moore and his Charlie company knew how to make the exercise realistic and within safety guidelines. In his briefing to his civilians before the start of their riot, Moore numbered his signals for what actions to take. One: holler-shout our slogans and put KFOR down. Two: grab club and get closer. Three: grab shields, but no hitting soldiers with sticks. Aim low to throw rocks. Plus, after being through the same training, Charlie Company Soldiers had two days to think of what they could say and do to Troop Charlie Soldiers to break their concentration.

"We knew what to do and what to say to really push them and aggravate them," Moore said. "We knew how to disrupt their commands so they wouldn't know which way to move their lines." Meer de Meera, otherwise known as Spc. Gary N. Thomas of Charlie Company, was one of the close civilian associates who provided some of the physical realism to the exercise, along with receiving some pretty real security restraints. "We had a little South Carolina-Ohio grudge match going there," Thomas said. "I got a couple of fingers smashed with a stick, my hand got stepped on, but I had a lot of fun." Thomas explained that he liked to wrestle and this too helped him apply pressure yet not get him hurt during the exercise.

Mr. NotNice was Sgt. Albert A. Tate from Charlie company. He looked at Thomas, laughed and said, "You got bruised and banged up, but I didn't get touched. I like to see the expression on people's faces when you're screaming and hollering at them."

The bruises and scrapes to Charlie Company were minor according to Thomas, and everyone shook hands afterward and laughed about the roles they played.

"It's really important when, one: you take some person out (of a crowd) who is violent and important to that fight or civil disturbance and, two: our actions and response send a clear message that we are not fooling around," said Moore. The seriousness of the exercise stayed with the Soldiers.

entrenched enemy unit until his company was relieved.

"Because of his exemplary leadership and great personal courage throughout the four-hour battle, he guaranteed success for his own and nearby units, resulting in the saving of numerous lives of his fellow Soldiers."

Bondsteel, acting alone, destroyed 10 enemy bunkers and accounted for a large amount of enemy casualties, including killing two key enemy commanders.

Bondsteel would continue to serve in the Army until his untimely death in an automobile accident on the Kinik River

MSU (Continued from Page 17)

helmets that allow a chemical mask to be applied directly to it. And the batons they use come in many styles and sizes. Again, as with the other gear, the use depends on the need.

Capt. Francesco Borretti, a commander with the Italian Carabinieri, said the MSU trains twice a week for the riots. Other times when they are not training, they can be out patrolling, gathering intelligence, escorting dignitaries, or performing other security missions. He said the force is not a military police unit by nature, but more like a police unit with special tasks.

"The French Gendarmerie and the

COLD (Continued from Page 8)

Don't use dry heat, it cannot be effectively maintained at the right temperature and can cause burns. Once a body part has been rewarmed, it cannot be used for anything. It is also imperative that the part be kept from refreezing. If you cannot guarantee that the tissue will stay warm, do not rewarm it. Keeping it frozen will not cause significant additional damage.

Trench foot, or immersion foot, is a condition caused by prolonged exposure of the feet to cool, wet conditions. Prevention is the best approach to dealing with trench foot. Keep feet dry by wearing appropriate footwear and check your feet regularly to see if they are wet. Changing socks at least once a day and not sleeping with wet socks can help reduce the risk of trench foot.

If someone is afflicted with a case

Bridge in Anchorage, Alaska on April 9, 1987. He was buried at Fort Richardson National Cemetery in Fort Richardson, Alaska.

We, as the Soldiers of Task Force Falcon, can now know the brave man behind the name of Camp Bondsteel and strive to meet the standards of courage and selflessness that he displayed. ★



Spc. Ian Blake is a member of the 364th MPAD and can be reached at ian.blake@bondsteel2.areur.army.mil

Italian Carabinieri are police forces in our respective countries, but we can't do the same thing here," said Borretti. "We have to find good solutions day by day, because sometimes we receive the orders and we don't know right away how we can do it, because in Italy and in France we have different ways to solve the problems."

"I talked with a lot of people and they respect us because we're always in the middle of the people, talking to the people, said Motiekonis. "We are always around but if we have to do something, we will do it."

And yes, they carry big sticks, too.

of trench foot, it can be treated by carefully washing and drying the feet, gently rewarming them and slightly elevating them. Since the tissue isn't frozen as in severe frostbite it is more susceptible to damage by walking on it. People with trench foot should be evacuated by litter.

Cold weather injuries can be more than just a nuisance. Since we are deployed in a colder environment than our comrades in Iraq and Afghanistan, we should pay close attention to each other to avoid falling prey to these injuries. So look out for your battle buddy, and kept them out of the cold. ★



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Parting Shots



PHOTO BY SGT. STEPHEN GROVES